

Living

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Jessica van Ostaeyen (DE) - November 2016
音乐: Living - Bakermat & Alex Clare



Start after 8 counts (4 secs – just before lyrics!)

[1-8] Shuffle Back R, Rock Back L, Shuffle Fwd L, Step 3/4 Turn Left

1&2 Step back on right foot, close left foot besides right, step back on right foot
3-4 Rock back with left foot, recover on right foot
5&6 Step forward on left foot, close right foot besides left, step forward on left foot
7-8 Step forward on right, pivot $\frac{3}{4}$ turn left (weight on left, 9:00)

[9-16] Side Shuffle R, Rock Back L, Point L, Hold, Point R, Hold

1&2 Step right to right, close left foot besides right, step right to right
3-4 Rock back with left foot, recover on right foot
5-6 Point left foot to left, hold
&7-8 Close left foot besides right foot, point right to right, hold

On wall 6, Restart here

[17-24] R Shuffle, Heel Switches, R Shuffle

1&2 Step forward on right foot, close left foot besides right, step forward on right foot
3-4 Tap left heel forward, hold
&5-6 Close left foot besides right foot, tap right heel forward, hold
7&8 Step forward on right foot, close left foot besides right, step forward on right foot

[25-32] Rock Fwd L, $\frac{1}{2}$ Turn Left, Shuffle L, Rock Fwd R

1-2 Rock left forward, recover on right foot
3-4 $\frac{1}{2}$ turn left with left foot, step forward on right foot
5&6 Step forward on left foot, close right foot besides left, step forward on left foot
7-8 Rock forward with right foot, recover on left foot

Contact: jessica@anima-physio.com